What is claimed is:

1. A nutritional composition for treating atherosclerosis comprising:
a protein source;
phospholipids;
a source of carnitine; and
a vitamin composition.

2. The nutritional composition according to claim 1 further including a source of betaine.

3. The nutritional composition according to claim 1 wherein the protein source and phospholipids are derived from soy beans.

4. The nutritional composition according to claim 1 wherein the protein source includes one or more amino acids selected from the group consisting of aspartic acid, threonine, serine, glutamic acid, praline, glycine, alanine, cystine, valine, methionine, isoleucine, leucine, tyrosine, phenylalanine, histidine, lysine, arginine and tryptophan and combinations thereof.

5. The nutritional composition according to claim 1 wherein the phospholipids are selected from the group consisting of phosphatidylcholine, phosphatidylethanolamine, phosphatidylinositol and phosphatideic acid and combinations thereof.

6. The nutritional composition according to claim 1 wherein the vitamin composition includes one or more vitamins selected from the group consisting of vitamin A, vitamin C, thiamine (vitamin B_1), riboflavin (vitamin B_2), niacin (vitamin B_3), calcium d-pantothenate (vitamin B_5), pyridoxine (vitamin B_6), cyanocobalamin (vitamin B_{12}), vitamin E, folic acid and vitamin E and combinations thereof.

7. The nutritional composition according to claim 1 further including a mineral composition having one or more minerals selected from the group consisting of sodium, potassium, calcium, magnesium, phosphorus and iron and combinations thereof.

8. A nutritional composition for treating heart disease comprising:

a source of soy protein;

soy-derived phospholipids;

one or more vitamins selected from the group consisting of vitamin A, vitamin C, thiamine (vitamin B_1), riboflavin (vitamin B_2), niacin (vitamin B_3), calcium d-pantothenate (vitamin B_5), pyridoxine (vitamin B_6), cyanocobalamin (vitamin B_{12}), vitamin E, folic acid and vitamin E and combinations thereof; and

a source of carnitine,

each of the components of the nutritional composition present in an amount effective for reducing and ameliorating the symptoms of atherosclerosis.

9. The nutritional composition according to claim 8 wherein the source of soy protein is present in an amount of between about 21% to about 27% based on the weight of the composition.

10. The nutritional composition according to claim 8 wherein the soy-derived phospholipids are present in an amount of between about 48% to about 60% based on the weight of the composition.

11. The nutritional composition according to claim 8 wherein the source of carnitine is present in an amount of between about 3% to about 5% based on the weight of the composition.

12. The nutritional composition according to claim 8 further including a source of betaine.

13. The nutritional composition according to claim 8 wherein the soy-derived phospholipids are selected from the group consisting of phosphatidylcholine, phosphatidylethanolamine, phosphatidylinositol and phosphatideic acid and combinations thereof.

14. The nutritional composition according to claim 8 wherein the source of soy protein includes one or more amino acids selected from the group consisting of aspartic acid, threonine,

serine, glutamic acid, praline, glycine, alanine, cystine, valine, methionine, isoleucine, leucine, tyrosine, phenylalanine, histidine, lysine, arginine and tryptophan and combinations thereof.

15. The nutritional composition according to claim 8 further including a mineral composition having one or more minerals selected from the group consisting of sodium, potassium, calcium, magnesium, phosphorus and iron and combinations thereof.

16. A method of reducing or ameliorating the symptoms of heart disease comprising administering an effective amount of a composition of soy-based protein, soy-based phospholipids, a source of carnitine, and one or more vitamins selected from the group consisting of vitamin A, vitamin C, thiamine (vitamin B_1), riboflavin (vitamin B_2), niacin (vitamin B_3), calcium d-pantothenate (vitamin B_5), pyridoxine (vitamin B_6), cyanocobalamin (vitamin B_{12}), vitamin E, folic acid and vitamin E.

17. The method according to claim 16 wherein the soy-based protein is administered in an amount of between about 21% to about 27% based on the weight of the composition.

18. The method according to claim 16 wherein the soy-based phospholipids are administered in an amount of between about 48% to about 60% based on the weight of the composition.

19. The nutritional composition according to claim 16 wherein the source of carnitine is administered in an amount of between about 3% to about 5% based on the weight of the composition.

20. The method according to claim 16 wherein the composition further includes a source of betaine.